


# July 2018 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 AM	SpinFLEX w/Katherine		SpinFLEX w/Katherine				
7:00-7:45 AM		Mat Pilates w/Katherine		Mat Pilates w/Katherine			
8:30-9:45 AM		Vinyasa Yoga L2 w/Katherine		Vinyasa Yoga L2 w/Katherine			
10:00-11:15 AM	Restorative Yin Yoga w/Katherine AL		Back & Hip Yoga w/Katherine AL				
10:30-11:15 AM		SENIOR WEIGHTS w/Dena		SENIOR WEIGHTS w/Dena			
10:30-11:30 AM						HIP HOP w/Maci	
3:00-4:15 PM		<div style="background-color: blue; color: white; text-align: center; padding: 20px;"> <p>OPEN 10AM-8PM JULY 4TH</p> </div>				Undo & Renew w/ Gillian AL	Undo & Renew w/Jeanne AL
5:00-7:00 PM						ACRO JAM 4 PART INTRO SERIES July 7, 14, 21, & 28 \$60 members / \$60 + \$8 Guests	
5:30-6:30 PM					Aerial Level 2 w/Tiffany <small>Must have teacher approval \$15 members / \$15 + \$8 Guests</small>		Aerial Level 1 Beginners w/Tiffany <small>\$15 members / \$15 + \$8 Guests</small>
5:30-6:45 PM							Hatha Flow w/Gillian L2
6:30-7:30 PM					ZUMBA w/Megan		
6:30-7:45 PM	Hatha Yoga w/Gillian L1	Let it Roll w/Jeanne L2		Restorative Yoga w/Jeanne AL			
6:30-8:00 PM			ACRO JAM PREREQUISITE ACRO INTRO SERIES				
6:45-7:45 PM					Aerial Level 2/3 w/Tiffany <small>Must have teacher approval \$15 members / \$15 + \$8 Guests</small>		Aerial Advanced Practice w/Tiffany <small>Must have teacher approval</small>
7:15-8:30 PM						ACRO JAM 4 PART SKILLS SERIES July 7, 14, 21, & 28 \$60 members / \$60 + \$8 Guests	

All Aerial Classes are  
**CANCELLED July 6, 8, & 27**

# CLASS DESCRIPTIONS

**Aerial:** Please contact Tiffany Metz at [ynaffitmetz@gmail.com](mailto:ynaffitmetz@gmail.com).

**Acro Intro Series:** 4 class introductory series required for Acro Jam night. No exceptions.

**Acro Skills Series:** 4 class continuing skills series for those who want more one on one instruction after taking the intro series.

**Acro Jam:** A playful practice incorporating acrobatics & yoga. **Must have taken the mandatory ACRO INTRO SERIES to be able to join the Jam.**

**Back & Hip Yoga:** Therapeutic style asana practice to support a healthy back and hip region.

**Gentle Yoga:** A gentle and calming practice for all levels. Especially good for beginners.

**Hatha Flow:** A moderate paced practice that encompasses all types of physical yoga with focus on breath and alignment.

**Hatha Yoga:** A typically slower paced practice that encompasses all types of physical yoga.

**HipHop:** This class is aimed to continue hip-hop as the art form it has always meant to be. Come and learn the rich and influential history, proper execution, in-depth technique, and reasons behind each of the original styles of hip-hop, including Breakdancing, Popping/Animation, House, Locking, Whaacking, and Krump. Using these fundamentals, you will learn distinctive choreography that is fun and challenging for you, as well as engaging and inspiring to watch, while gathering the tools to create your own choreography if you so desire. In addition to fitness and skill, hip-hop is meant to bring each participant to a deeper understanding of music, and to a deeper understanding of self.

**Let it Roll:** Hatha flow and core conditioning followed by foam rolling & pinky balls & deep relaxation.

**Mat Pilates:** Beginner to Intermediate core based class using classical mat exercises to create long, lean muscles.

**Restorative Yin Yoga:** Rejuvenate physically and mentally with a practice that is restorative in nature yet allows for a deep release of connective tissue and unbalanced holding patterns. This practice is meant to take a normal body and make optimal. Based on the teachings of Paul Grilley and Bernie Clark.

**Restorative Yoga:** Find deep relaxation practicing gentle yoga poses using various props to support the body. This class is not about feeling a stretch, it is about reducing stress and restoring mind/body balance. Yoga for healing.

**Senior Weights:** Chair based resistance training program for the entire body. Great for beginners too!

**SpinFLEX:** 30 minutes of cycling followed by 25 minutes of resistance training using barbells, dumbbells, and resistance tubing. Participants must show up a few minutes early to set up their weights in group fitness room prior to class start time on Spinning Floor.

**Undo and Renew:** Gentle yoga practice followed by Restorative poses.

**Vinyasa Yoga:** Increase strength, flexibility, and balance while reducing stress and tension with an energizing physical yoga practice that focuses on breath and self awareness.

**Zumba:** A fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dance, Flamenco, Samba, Tango, Reggatone and of course Hip Hop.

## Yoga Class Ratings

**Level 1 (L1): Beginner Friendly**– Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all backgrounds.

**Level 2 (L2): Intermediate**– Practicing at least 1-2 years. Poses are intermediate and held longer. Practitioner is expected to have a fundamental familiarity with basic postures as well as their body alignment and modify as needed. Newer poses introduced.

**Level 3 (L3): Advanced**– Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.

**All Level (AL):** Great for beginners through advanced practitioners.